

What is Claimed is:

1. A medicinal composition, comprising:
 - an effective amount of a pain relieving and anti-inflammatory pharmaceutical;
 - an effective amount of a nutraceutical; and
 - a pharmaceutically acceptable base;

where at least one of the pharmaceutical and the nutraceutical treats at least one ailment or symptom thereof caused by an immune response.
2. A composition according to claim 1, wherein the immune response is an immune response to a virus, a microorganism, or an atmospheric pollutant or allergen.
3. A composition according to claim 1, wherein the pain relieving and anti-inflammatory pharmaceutical is selected from a group consisting of acetaminophen, non-steroidal anti-inflammatory drugs (NSAID's), and mixtures thereof.
4. A composition according to claim 3, wherein the medicinal composition additionally comprises a pharmaceutical selected from a group consisting of antihistamines, decongestants, and combinations thereof.
5. A composition according to claim 4, wherein the decongestant is selected from a group consisting of phenylpropanolamine, pseudoephedrine, ephedrine, naphazoline, oxymetazoline, tetrahydrozoline, xylometazoline, propylhexedrine, L-desoxyephedrine, effective salts thereof and combinations thereof.
6. A composition according to claim 4, wherein the antihistamine is selected from a

group consisting of diphenhydramine, pyrilamine, clemastine, bromopheniramine, phenindamine, chlorpheniramine effective salts thereof and combinations thereof.

7. A composition according to claim 1, wherein said nutraceutical is selected from a group consisting of an immune boosters, anti-inflammatory nutraceuticals, 5 antioxidants, liver protectants, and mixtures thereof.
8. A composition according to claim 7, wherein the nutraceutical immune booster is selected from a group consisting of zinc and effective salts thereof, at lease one herb selected from a group consisting of herbs of the genus *Echinacea*, at least one herb selected from a group consisting of herbs of the genus *Sambucus*, 10 Goldenseal and mixtures thereof.
9. A composition according to claim 7, wherein the anti-inflammatory nutraceutical is selected from a group consisting of at least one bioflavonoid, at least one herbal extract containing at least one bioflavonoid, curcumin, herbal extracts containing curcumin, stinging nettle and extracts thereof, and bromelain.
10. A composition according to claim 7, wherein the nutraceutical anti-oxidant is selected from a group consisting of at least one bioflavonoid, at least one herbal extract containing at least one bioflavonoid, ascorbic acid and pharmaceutically effective salts thereof, garlic and extracts thereof, green tea and its extracts , at 15 least one herb selected from a group consisting of herbs from the genus *Astragalus*, and combinations thereof.
11. A composition according to claim 7, wherein the nutraceutical liver protectant is milk thistle or an extract thereof.

12. A composition according to claim 2, wherein the nutraceutical comprises an effective amount of an immune booster.

13. A composition according to claim 12, wherein the pain relieving and anti-inflammatory agent comprises at least one drug selected from a group consisting of acetaminophen, an NSAID, and mixtures thereof.

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14. A composition according to claim 12, wherein the immune booster comprises at least one nutraceutical selected from a group consisting of zinc and effective salts thereof, at least one herb selected from a group consisting of herbs of the genus *Echinacea*, at least one herb selected from a group consisting of herbs of the genus *Sambucus*, Goldenseal, and mixtures thereof.

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15. A composition according to claim 12, further comprising at least one additive selected from a group consisting of:

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- a) an antioxidant;
- b) an anti-histamine;
- c) an anti-inflammatory nutraceutical;
- d) a decongestant; and
- e) a liver protectant.

16. A composition according to claim 12, further comprising an antioxidant selected from a group consisting of at least one bioflavonoid, at least one herbal extract containing at least one bioflavonoid, ascorbic acid and pharmaceutically effective salts thereof, garlic and extracts thereof, green tea and its extracts, at least one herb selected from a group consisting of herbs from the genus *Astragalus*, and

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combinations thereof.

17. A composition according to claim 12, further comprising an anti-inflammatory nutraceutical selected from a group consisting of at least one bioflavonoid, at least one herbal extract containing at least one bioflavonoid, curcumin, herbal extracts containing curcumin, stinging nettle and extracts thereof, and bromelain.
18. A composition according to claim 12, further comprising at least one anti-histamine selected from a group consisting of diphenhydramine, chlorpheniramine, and effective salts thereof.
19. A composition according to claim 12, further comprising at least one decongestant selected from a group consisting of pseudoephedrine, phenylpropanolamine, and effective salts thereof.
20. A composition according to claim 12, further comprising milk thistle or an extract thereof.
21. A composition according to claim 12, wherein the pain relieving and anti-inflammatory agent comprises acetaminophen and the immune booster comprises zinc and effective salts thereof.
22. A composition according to claim 21, further comprising milk thistle or an extract thereof.
23. A composition according to claim 12, wherein the pain relieving and anti-inflammatory agent comprises acetaminophen and the immune booster comprises at least one herb selected from a group consisting of herbs of the genus *Echinacea*.

24. A composition according to claim 23, further comprising milk thistle or an extract thereof.

25. A composition according to claim 12, wherein the pain relieving and anti-inflammatory agent comprises acetaminophen and the immune booster comprises at least one herb selected from a group consisting of herbs of the genus *Sambucus*.

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26. A composition according to claim 25, further comprising milk thistle or an extract thereof.

27. A composition according to claim 12, wherein the pain relieving and anti-inflammatory agent comprises acetaminophen and the immune booster comprises Goldenseal.

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28. A composition according to claim 27, further comprising milk thistle or an extract thereof.

29. A composition according to claim 12, wherein the pain relieving and anti-inflammatory agent comprises an NSAID and the immune booster comprises zinc and effective salts thereof.

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30. A composition according to claim 12, wherein the pain relieving and anti-inflammatory agent comprises NSAID and the immune booster comprises at least one herb selected from a group consisting of herbs of the genus *Echinacea*.

31. A composition according to claim 12, wherein the pain relieving and anti-inflammatory agent comprises an NSAID and the immune booster comprises at least one herb selected from a group consisting of herbs of the genus *Sambucus*.

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32. A composition according to claim 12, wherein the pain relieving and anti-

inflammatory agent comprises an NSAID and the immune booster comprises Goldenseal.

33. A composition according to claim 2, wherein the nutraceutical comprises, an effective amount of an antioxidant.
34. A composition according to claim 33, wherein the pain relieving and anti-inflammatory agent comprises at least one drug selected from a group consisting of acetaminophen or an NSAID.
35. A composition according to claim 33, wherein the anti-oxidant is selected for a group consisting of at least one bioflavonoid, at least one herbal extract containing at least one bioflavonoid, ascorbic acid and pharmaceutically effective salts thereof, garlic and extracts thereof, green tea or its extracts, at least one herb selected from a group consisting of herbs from the genus *Astragalus*, and combinations thereof.
36. A composition according to claim 33, further comprising at least one additive selected from a group consisting of:
 - a) a decongestant;
 - b) an anti-histamine;
 - c) an anti-inflammatory nutraceutical; and
 - d) a liver protectant.
37. A composition according to claim 33, further comprising a decongestant selected from a group consisting of phenylpropanolamine, pseudoephedrine, ephedrine, naphazoline, oxymetazoline, tetrahydrozoline, xylometazoline, propylhexedrine,

L-desoxyephedrine, effective salts thereof and combinations thereof.

38. A composition according to claim 33, further comprising an anti-histamine selected from a group consisting of diphenhydramine, chlorpheniramine, and effective salts thereof.
39. A composition according to claim 33, further comprising an anti-inflammatory nutraceutical selected from a group consisting of at least one bioflavonoid, at least one herbal extract containing at least one bioflavonoid, curcumin, herbal extracts containing curcumin, stinging nettle and extracts thereof, and bromelain.
40. A composition according to claim 33, further comprising milk thistle or an extract thereof.
41. A composition according to claim 33, wherein the pain relieving and anti-inflammatory agent comprises acetaminophen and the antioxidant comprises at least one herbal extract containing at least one bioflavonoid.
42. A composition according to claim 41, further comprising milk thistle or an extract thereof.
43. A composition according to claim 33, wherein the pain relieving and anti-inflammatory agent comprises acetaminophen and the antioxidant comprises garlic or extracts thereof.
- 20 44. A composition according to claim 43, further comprising milk thistle or an extract thereof
45. A composition according to claim 33, wherein the pain relieving and anti-

inflammatory agent comprises acetaminophen and the antioxidant comprises green tea or its extracts .

46. A composition according to claim 45, further comprising milk thistle or an extract thereof

5 47. A composition according to claim 33, wherein the pain relieving and anti-inflammatory agent comprises acetaminophen and the antioxidant comprises at least one herb selected from the group consisting of herbs from the genus *Astragalus*.

10 48. A composition according to claim 47, further comprising milk thistle or an extract thereof

15 49. A composition according to claim 33, wherein the pain relieving and anti-inflammatory agent comprises an NSAID and the antioxidant comprises at least one herbal extract containing at least one bioflavonoid.

50. A composition according to claim 33, wherein the pain relieving and anti-inflammatory agent comprises an NSAID and the antioxidant comprises garlic and extracts thereof.

51. A composition according to claim 33, wherein the pain relieving and anti-inflammatory agent comprises an NSAID and the antioxidant comprises green tea or its extracts .

20 52. A composition according to claim 33, wherein the pain relieving and anti-inflammatory agent comprises an NSAID and the antioxidant comprises at least one herb selected from a group consisting of herbs from the genus *Astragalus*.

53. A composition according to claim 15, comprising a pain relieving and anti-inflammatory pharmaceutical, an anti-histamine, a decongestant, an immune booster, and an anti-oxidant.

54. A composition according to claim 53, wherein:

a) the pain relieving and anti-inflammatory pharmaceutical is

acetaminophen;

b) the decongestant is pseudoephedrine

c) the anti-histamine is diphenhydramine

d) the immune booster is a nutraceutical selected from the group

10 consisting of *Echinacea purpurea* and extracts thereof, goldenseal

and extracts thereof, elderberry and extracts thereof, zinc

gluconate, and mixtures thereof; and

e) the anti-oxidant is a nutraceutical selected from the group consisting of

garlic and extracts thereof, green tea and extracts thereof,

15 *Astragalus* and extracts thereof, ascorbic acid, and mixtures

thereof.

55. A composition according to claim 53, wherein:

a) the pain relieving and anti-inflammatory pharmaceutical is an NSAID;

b) the decongestant is pseudoephedrine;

c) the anti-histamine is diphenhydramine

d) the immune booster is a nutraceutical selected from the group

20 consisting of *Echinacea purpurea* and extracts thereof, goldenseal

and extracts thereof, elderberry and extracts thereof, zinc

gluconate, and mixtures thereof; and

5 e) the anti-oxidant is a nutraceutical selected from the group consisting of

garlic and extracts thereof, green tea and extracts thereof,

10 *Astragalus* and extracts thereof, ascorbic acid, and mixtures

thereof.

15 56. A method for treating a patient suffering from an ailment or symptom caused by

an immune response, comprising the step of administering a medicinal

composition to the patient, said medicinal composition comprising:

20 an effective amount of a pain relieving and anti-inflammatory

pharmaceutical;

25 an effective amount of a nutraceutical; and

a pharmaceutically acceptable base;

30 wherein at least one of the pharmaceutical and the nutraceutical treats at

35 least one ailment or symptom thereof caused by an immune response.

40 57. A method according to claim 56, wherein the immune response is an immune

response to a virus, a microorganism, or an atmospheric pollutant or allergen.

45 58. A method according to claim 56, wherein the pain relieving and anti-

50 inflammatory pharmaceutical is selected from a group consisting of

55 acetaminophen, non-steroidal anti-inflammatory drugs (NSAID's), and mixtures

60 thereof.

65 59. A method according to claim 58, wherein the medicinal composition additionally

comprises a pharmaceutical selected from a group consisting of antihistamines, decongestants, and combinations thereof.

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60. A method according to claim 59, wherein the decongestant is selected from a group consisting of phenylpropanolamine, pseudoephedrine, ephedrine, naphazoline, oxymetazoline, tetrahydrozoline, xylometazoline, propylhexedrine, L-desoxyephedrine, effective salts thereof and combinations thereof.

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61. A method according to claim 59, wherein the antihistamine is selected from a group consisting of diphenhydramine, pyrilamine, clemastine, bromopheniramine, phenindamine, chlorpheniramine effective salts thereof and combinations thereof.

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62. A method according to claim 56, wherein said nutraceutical is selected from a group consisting of immune boosters, anti-inflammatory nutraceuticals, antioxidants, liver protectants, and mixtures thereof.

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63. A method according to claim 62, wherein the nutraceutical immune booster is selected from a group consisting of zinc and effective salts thereof, and at least one herb selected from a group consisting of herbs of the genus *Echinacea*, at least one herb selected from a group consisting of herbs of the genus *Sambucus*, Goldenseal and mixtures thereof.

64. A method according to claim 62, wherein the anti-inflammatory nutraceutical is selected from a group consisting of at least one bioflavonoid, at least one herbal extract containing at least one bioflavonoid, curcumin, herbal extracts containing curcumin, stinging nettle and extracts thereof, and bromelain.

65. A method according to claim 62, wherein the nutraceutical anti-oxidant is selected

from a group consisting of at least one bioflavonoid, at least one herbal extract containing at least one bioflavonoid, ascorbic acid and pharmaceutically effective salts thereof, garlic and extracts thereof, green tea and its extracts , at least one herb selected from a group consisting of herbs from the genus *Astragalus*, and combinations thereof.

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66. A method according to claim 62, wherein the nutraceutical liver protectant is milk thistle or an extract thereof.

67. A method according to claim 57, wherein the nutraceutical comprises an effective amount of an immune booster.

10 68. A method according to claim 67, wherein the pain relieving and anti-inflammatory agent comprises at least one drug selected from a group consisting of acetaminophen, an NSAID, and mixtures thereof.

69. A method according to claim 67, wherein the immune booster comprises at least one nutraceutical selected from a group consisting of zinc and effective salts thereof, at least one herb selected from a group consisting of herbs of the genus *Echinacea*, at least one herb selected from a group consisting of herbs of the genus *Sambucus*, Goldenseal, and mixtures thereof.

15 70. A method according to claim 67, wherein the medicinal composition additionally comprises at least one additive selected from a group consisting of:

20 a) an antioxidant;

b) an anti-histamine;

c) an anti-inflammatory nutraceutical;

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- d) a decongestant; and
- e) a liver protectant.

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71. A method according to claim 67, wherein the medicinal composition additionally comprises an antioxidant selected from a group consisting of at least one bioflavonoid, at least one herbal extract containing at least one bioflavonoid, ascorbic acid and pharmaceutically effective salts thereof, garlic and extracts thereof, green tea and its extracts, at least one herb selected from a group consisting of herbs from the genus *Astragalus*, and combinations thereof.

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72. A method according to claim 67, wherein the medicinal composition additionally comprises an anti-inflammatory nutraceutical selected from a group consisting of at least one bioflavonoid, at least one herbal extract containing at least one bioflavonoid, curcumin, herbal extracts containing curcumin, stinging nettle and extracts thereof, and bromelain.

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73. A method according to claim 67, wherein the medicinal composition additionally comprises at least one anti-histamine selected from a group consisting of diphenhydramine, chlorpheniramine, and effective salts thereof.

74. A method according to claim 67, wherein the medicinal composition additionally comprises at least one decongestant selected from a group consisting of pseudoephedrine, phenylpropanolamine, and effective salts thereof.

75. A method according to claim 67, wherein the medicinal composition additionally comprises milk thistle or an extract thereof.

76. A method according to claim 67, wherein the pain relieving and anti-

inflammatory agent comprises acetaminophen and the immune booster comprises zinc and effective salts thereof.

77. A method according to claim 76, wherein the medicinal composition additionally comprises milk thistle or an extract thereof.

5 78. A method according to claim 67, wherein the pain relieving and anti-inflammatory agent comprises acetaminophen and the immune booster comprises at least one herb selected from a group consisting of herbs of the genus *Echinacea*.

10 79. A method according to claim 78, wherein the medicinal composition additionally comprises milk thistle or an extract thereof.

80. A method according to claim 67, wherein the pain relieving and anti-inflammatory agent comprises acetaminophen and the immune booster comprises at least one herb selected from a group consisting of herbs of the genus *Sambucus*.

15 81. A method according to claim 80, wherein the medicinal composition additionally comprises milk thistle or an extract thereof.

82. A method according to claim 67, wherein the pain relieving and anti-inflammatory agent comprises acetaminophen and the immune booster comprises Goldenseal.

20 83. A method according to claim 82, wherein the medicinal composition additionally comprises milk thistle or an extract thereof.

84. A method according to claim 67, wherein the pain relieving and anti-inflammatory agent comprises an NSAID and the immune booster comprises zinc

and effective salts thereof.

5 85. A method according to claim 67, wherein the pain relieving and anti-inflammatory agent comprises NSAID and the immune booster comprises at least one herb selected from a group consisting of herbs of the genus *Echinacea*.

10 86. A method according to claim 67, wherein the pain relieving and anti-inflammatory agent comprises an NSAID and the immune booster comprises at least one herb selected from a group consisting of herbs of the genus *Sambucus*.

15 87. A method according to claim 67, wherein the pain relieving and anti-inflammatory agent comprises an NSAID and the immune booster comprises Goldenseal.

20 88. A method according to claim 60, wherein the nutraceutical comprises, an effective amount of an antioxidant.

25 89. A method according to claim 88, wherein the pain relieving and anti-inflammatory agent comprises at least one drug selected from a group consisting of acetaminophen or an NSAID.

30 90. A method according to claim 88, wherein the anti-oxidant is selected for a group consisting of at least one bioflavonoid, at least one herbal extract containing at least one bioflavonoid, ascorbic acid and pharmaceutically effective salts thereof, garlic and extracts thereof, green tea or its extracts, at least one herb selected from a group consisting of herbs from the genus *Astragalus*, and combinations thereof.

35 91. A method according to claim 88, wherein the medicinal composition additionally comprises at least one additive selected from a group consisting of:

- a) a decongestant;
- b) an anti-histamine;
- c) an anti-inflammatory nutraceutical; and
- d) a liver protectant.

5. 92. A method according to claim 88, wherein the medicinal composition additionally comprises a decongestant selected from a group consisting of phenylpropanolamine, pseudoephedrine, ephedrine, naphazoline, oxymetazoline, tetrahydrozoline, xylometazoline, propylhexedrine, L-desoxyephedrine, effective salts thereof and combinations thereof.

10. 93. A method according to claim 88, wherein the medicinal composition additionally comprises an anti-histamine selected from a group consisting of diphenhydramine, chlorpheniramine, and effective salts thereof.

15. 94. A method according to claim 88, wherein the medicinal composition additionally comprises an anti-inflammatory nutraceutical selected from a group consisting of at least one bioflavonoid, at least one herbal extract containing at least one bioflavonoid, curcumin, herbal extracts containing curcumin, stinging nettle and extracts thereof, and bromelain.

20. 95. A method according to claim 88, wherein the medicinal composition additionally comprises milk thistle or an extract thereof.

96. A method according to claim 88, wherein the pain relieving and anti-inflammatory agent comprises acetaminophen and the antioxidant comprises at least one herbal extract containing at least one bioflavonoid.

97. A method according to claim 96, wherein the medicinal composition additionally comprises milk thistle or an extract thereof.

98. A method according to claim 88, wherein the pain relieving and anti-inflammatory agent comprises acetaminophen and the antioxidant comprises garlic or extracts thereof.

99. A method according to claim 98, wherein the medicinal composition additionally comprises milk thistle or an extract thereof

100. A method according to claim 88, wherein the pain relieving and anti-inflammatory agent comprises acetaminophen and the antioxidant comprises green tea or its extracts .

101. A method according to claim 100, wherein the medicinal composition additionally comprises milk thistle or an extract thereof

102. A method according to claim 88, wherein the pain relieving and anti-inflammatory agent comprises acetaminophen and the antioxidant comprises at least one herb selected from the group consisting of herbs from the genus *Astragalus*.

103. A method according to claim 102, wherein the medicinal composition additionally comprises milk thistle or an extract thereof

104. A method according to claim 88, wherein the pain relieving and anti-inflammatory agent comprises an NSAID and the antioxidant comprises at least one herbal extract containing at least one bioflavonoid.

105. A method according to claim 88, wherein the pain relieving and anti-

inflammatory agent comprises an NSAID and the antioxidant comprises garlic and extracts thereof.

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106. A method according to claim 88, wherein the pain relieving and anti-inflammatory agent comprises an NSAID and the antioxidant comprises green tea or its extracts.

107. A method according to claim 88, wherein the pain relieving and anti-inflammatory agent comprises an NSAID and the antioxidant comprises at least one herb selected from a group consisting of herbs from the genus *Astragalus*.

108. A method according to claim 70, comprising a pain relieving and anti-inflammatory pharmaceutical, an anti-histamine, a decongestant, an immune booster, and an anti-oxidant.

109. A method according to claim 108, wherein:

- 15 a) the pain relieving and anti-inflammatory pharmaceutical is acetaminophen;
- b) the decongestant is pseudoephedrine;
- c) the anti-histamine is diphenhydramine;
- d) the immune booster is a nutraceutical selected from the group consisting of *Echinacea purpurea* and extracts thereof, goldenseal and extracts thereof, elderberry and extracts thereof, zinc gluconate, and mixtures thereof; and
- e) the anti-oxidant is a nutraceutical selected from the group consisting of garlic and extracts thereof, green tea and extracts thereof,

Astragalus and extracts thereof, ascorbic acid, and mixtures thereof.

110. A method according to claim 108, wherein:

- 5 a) the pain relieving and anti-inflammatory pharmaceutical is an NSAID;
- b) the decongestant is pseudoephedrine;
- c) the anti-histamine is diphenhydramine;
- d) the immune booster is a nutraceutical selected from the group consisting of *Echinacea purpurea* and extracts thereof, goldenseal and extracts thereof, elderberry and extracts thereof, zinc gluconate, and mixtures thereof; and
- e) the anti-oxidant is a nutraceutical selected from the group consisting of garlic and extracts thereof, green tea and extracts thereof, *Astragalus* and extracts thereof, ascorbic acid, and mixtures thereof.

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